



## Amaretti Tiramisu

READY IN



420 min.

SERVINGS



6

CALORIES



410 kcal

DESSERT

## Ingredients

- ☐ 5 ounces amaretti cookies italian crisp ( macaroons; 30 to 40, depending on size)
- ☐ 3 large eggs separated
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 1 cup mascarpone cheese at room temperature
- ☐ 1 pinch salt
- ☐ 1 cup strong coffee decoction cooled room temperature brewed
- ☐ 5 tablespoons sugar divided

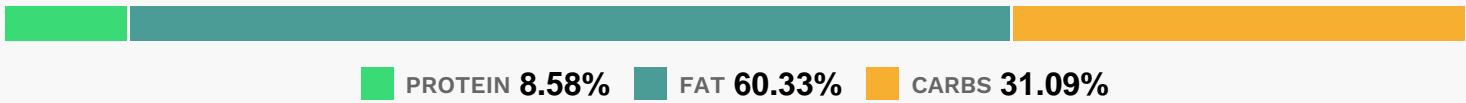
## Equipment

- ☐ bowl
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Beat together yolks and 2 tablespoons sugar in a large bowl with an electric mixer at medium speed until thick and pale, about 2 minutes. Beat in mascarpone until just combined.
- ☐ Beat whites with salt in another large bowl with cleaned beaters until they just hold soft peaks.
- ☐ Add remaining 3 tablespoons sugar, a little at a time, beating, then continue to beat until whites just hold stiff peaks.
- ☐ Beat cream in another bowl with cleaned beaters until it just holds stiff peaks. Gently but thoroughly fold cream into mascarpone mixture, then fold mixture into whites.
- ☐ Pour espresso into a shallow bowl. Dip half of amaretti (15 to 2
- ☐ in espresso for about 20 seconds, turning to coat both sides and letting excess drip off. Arrange in 1 layer in an 8-inch square baking dish.
- ☐ Spread half of mascarpone mixture evenly over amaretti. Make another layer in same manner with remaining amaretti (dipped in espresso) and mascarpone mixture. Chill at least 6 hours.
- ☐ •The eggs in this recipe are not cooked.• Tiramisu can be chilled up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:6.98, Inflammation Score:-5, Nutrition Score:4.259565193368%

## Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,  
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0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 410.05kcal (20.5%), Fat: 27.69g (42.6%), Saturated Fat: 16g (99.99%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 31.28g (11.37%), Sugar: 28g (31.11%), Cholesterol: 152.91mg (50.97%), Sodium: 134.98mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 8.86g (17.73%), Vitamin A: 951.55IU (19.03%), Selenium: 8.33µg (11.9%), Vitamin B2: 0.18mg (10.79%), Calcium: 80.48mg (8.05%), Phosphorus: 62.19mg (6.22%), Vitamin D: 0.82µg (5.45%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.25µg (4.24%), Iron: 0.76mg (4.24%), Folate: 13.33µg (3.33%), Fiber: 0.83g (3.31%), Vitamin E: 0.45mg (2.99%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.49%), Potassium: 72.9mg (2.08%), Magnesium: 5.57mg (1.39%), Vitamin B1: 0.02mg (1.3%), Copper: 0.02mg (1.08%)